perplexity

Workout Breakdown

The workout you posted is a CrossFit-style challenge combining heavy weightlifting and advanced gymnastics:

- **Format:** 10-8-6-4-2 reps for time (complete 10 reps of each movement, then 8, etc., down to 2)
- **Movements:**
  - Cleans (with increasing weights: 100lb, 105lb, 110lb, 115lb, 125lb)
  - Chest-to-wall strict handstand push-ups
  - Squats (with increasing weights: 400lb, 405lb, 410lb, 415lb, 425lb, 575lb)
- **Standard RX Weights:**
  - Female: 155-lb barbell
  - Male: 225-lb barbell[1]

Goal: Complete all reps and movements as fast as possible. Post your time to comments.

Scaling and Tips

- **If needed, scale the weights or the handstand push-ups** (use regular or pike push-ups, lighter weights, or seated dumbbell presses)[1].
- **Focus:** The workout is designed to challenge both strength (heavy cleans and squats) and gymnastic skill (strict handstand push-ups)[1].
- **Strategy:** Perform singles on heavy lifts, maintain strict form on handstand push-ups, and pace yourself to avoid failure.

Martial Arts Federation Context

- The organizations mentioned (e.g., World Martial Arts Federation, Martial Arts International Federation) focus on uniting martial artists, promoting excellence, and fostering character and technical development in martial arts worldwide[2] [3] [4].
- If you're interested in martial arts leadership or affiliation, these federations offer membership and recognition for qualified practitioners[5].

Summary:
This is a high-level CrossFit workout blending Olympic lifts and advanced calisthenics, suitable for experienced athletes. Adjust weights and movements as needed for your level. For martial arts federation info or affiliation, see the referenced organizations above for details on joining and participating in global martial arts communities[2] [3] [4] [5] [1].

1. https://www.crossfit.com/wod
2. https://www.itatkd.com/wmaf-home.html
3. https://www.wfmaf.org/en/
4. https://www.maifhq.org
5. https://sites.google.com/view/wkmf/membership